



Always remember it is not your fault!

Have a code word you share with your friends or neighbors when you are not feeling safe.

Talk to someone you trust and keep talking until someone listens. Even if the first person you tell doesn't help you... someone will! Keep talking until someone listens.

A safe person can be your parent, a teacher, a neighbor, a friend's parent, your counselor or anyone you trust...Just tell someone!





If you are being hurt at home or at school, you are not alone.



Phone #:

Sometimes even nice people and people we love do bad things.

Sometimes people need help to learn right from wrong.

Express your feelings! It's ok to be sad, mad and hurt. Share your feelings.

My safe person: